

## SPECIAL INTEREST / HEALTH & WELLNESS

### Kinderdance



Dance classes designed specifically for young children. All classes are taught by certified Kinderdance instructors.

**Dates:** Monthly Sessions

**Days:** Mondays **Time:** 5:00-5:45 pm

**Age:** 3-5 **Fee:** \$40 per month

### Kindertots



Dance classes designed specifically for young children. All classes are taught by certified Kinderdance instructors.

**Dates:** Monthly Sessions

**Days:** Fridays **Time:** 12:00-12:45 pm

**Age:** 1-2 **Fee:** \$40 per month

### Parent & Tot – Recycle Art

A parent involvement class in which children will have a great time creating recycled art with different recyclables and everyday household items. The children will develop their sensory and fine motor skills while having fun with art and learning about Fine Art. The participants will learn natural recipes on paint, glue and play dough and learn how their “green” choices can make a difference on the health of the environment.

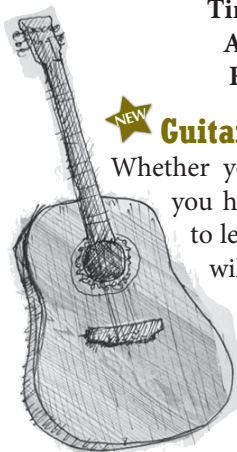
**Dates:** Monthly Sessions  
(beginning March 1)

**Days:** Tuesdays

**Time:** 11:45 am – 12:30 pm

**Age:** 4-5

**Fee:** \$45 per month



NEW

### Guitar

Whether you have never played guitar before, or you have played for years and have the desire to learn some new riffs, this adult guitar class will help you become a better guitar player.

While learning your favorite classic rock songs you will also learn music theory, scales, and improve. This class has a relaxed and creative atmosphere, and is instructed by East County's blues virtuoso Joel Tuttle. Don't miss this opportunity

to become a great guitar player, and learn from an amazing blues musician!

**Dates:** January 18-February 22  
March 8-April 12

**Days:** Tuesday

**Time:** 4:00 -5:00 p.m.

**Ages:** 18 & up

**Fee:** \$60

### Tennis



Tennis for Beginning or Intermediate players. Learn the challenge of a lifelong game. Beginners will learn basic ground strokes, footwork, and game play for singles and doubles. Intermediates will focus on refining mechanics, and game play strategy. The course is taught by a US Professional Tennis Registry Instructor.

#### Beginning

**Dates:** (beginning in April)

**Days:** Tuesday

**Time:** 9:00-10:15 am

**Ages:** 18 & up

**Fee:** \$40 per month  
(\$50 for months with  
5 lessons)

#### Intermediate

**Dates:** (beginning in April)

**Days:** Wednesday

**Time:** 9:00-10:15 am

**Ages:** 18 & up

**Fee:** \$40 per month (\$50 for  
months with 5 lessons)



### Pickleball



Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends, and lots of laughter!

**Days:** Tuesdays, Thursdays

**Time:** 2:00-6:00 pm

**Ages:** 18 & up **Fee:** \$2

### Vine Street Dental Clinic

**A healthy smile is part of a healthy body. Every child needs a dental and medical home.**

**Neighborhood Healthcare Lakeside  
Dental Services**

**10039B Vine St., Lakeside, CA 92040 | (619) 390-9135**

